

Current FITNESS MEMBERSHIP is required for all instructed fitness classes

\$25/month (30 days) * \$145/six- consecutive months* \$275/one-year*

NEW PRICING EFFECTIVE 9/1/15

***Pro-rating/refunds are not available**

The City of Las Vegas accepts Senior Dimensions which will pay for your fitness

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|---|
| AM Yoga 9-10:30 a.m. Multi-Purpose Room N (Natasha) | Sit 'N Fit 9-10 a.m. Active Adult Center Classroom 1 (Linda) | Indoor Volleyball 9:30-11 a.m. (Fitness Membership is not needed for this class) | AM Yoga 9-10:30 a.m. Multi-Purpose Room N (Natasha) | <u>EXTRA DAY!</u> Sit 'N Fit 8-9 a.m. Multi-Purpose Room N (Linda/Kate) |
| Belly Dancing 10:30-11:30 a.m. Active Adult Center Room 1 (Jeanne) | Indoor Walking On your Own 10:30-11:30 a.m. Gym (Fitness Membership is not needed for this class) | Water Aerobics 12:30-1:30 p.m. Lap Pool (Brenda) | Indoor Walking On Your Own 10:30-11:30 a.m. Gym (Fitness Membership is not needed for this class) | <u>NEW!</u> Hot Hula 9-10 a.m. Multi-Purpose Room S (Angela) |
| Weight Room Basics Noon-1 p.m. Meet at CHAAC front desk (Natasha) | Boomer-Ballet 12:40-1:30 p.m. Studio 2 (Heather) | Dynamic Fitness Cardio 1:30-2:30 p.m. Studio 2 (Linda) | Beginning Line Dance 11:45 – 12:45 p.m. CLV Room (Mike) | Water Aerobics 8:30-9:30 a.m. Lap Pool (Brenda) |
| Water Aerobics 12:30-1:30 p.m. Lap Pool (Brenda) | | Arthritis Aerobics 1:30-2:30 p.m. Therapy Pool (Brenda) | Tai Chi Gong 12:30-1:30 p.m. Studio 2 (Natasha) | Arthritis Aerobics 9:30-10:30 a.m. Therapy Pool (Brenda) |
| Tai Chi Gong Fan 1-1:30 p.m. YMCA Studio 2 (Natasha) | Weight Room Basics 12:45-1:30 p.m. Meet at CHAAC front desk (Natasha) | Dynamic Fitness Power Hour 2:30-3:30 p.m. Studio 2 (Linda) | Cardio Dance 1:30-2:30 p.m. Studio 2 (Natasha) | Belly Dancing 10:30-11:30 a.m. Multi-Purpose Room S (Jeanne) |
| Arthritis Aerobics 1:30-2:30 p.m. Therapy Pool (Brenda) | Cardio Dance 1:30-2:30 p.m. Studio 2 (Natasha) | Yoga 3:30-5 p.m. Multi-Purpose Room N (Natasha) | Line Dance 2-4 p.m. Multi-Purpose Room (Mike) | Dynamic Fitness Cardio Noon-1 p.m. Studio 2 (Linda) |
| Tai Chi Gong 1:30-2:30 p.m. YMCA Studio 2 (Natasha) | Yoga 2:30-3:45 p.m. Studio 2 (Natasha) | Stretching, Relaxation and Meditation 5-5:30 p.m. Multi-Purpose Room (Natasha) | Yogalates 2:30-3:30 p.m. Studio 2 (Natasha) | Dynamic Fitness Power Hour 1-2 p.m. Studio 2 (Linda) |
| Stretching, Relaxation and Meditation 2:30-3pm YMCA Studio 2 (Natasha) | | | Weight Room Basics 3:30-4:30 p.m. Meet at CHAAC front desk (Natasha) | |

City of Las Vegas Department of Parks and Recreation



City of Las Vegas Department of Parks and Recreation
CENTENNIAL HILLS ACTIVE ADULT CENTER 50+
6601 N. Buffalo Dr. Monday-Friday, 7 a.m. – 6 p.m. (702) 229-1702

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Arthritis Aerobics - A “zero-impact” workout for individuals with arthritis to help sustain and/or improve muscle and joint mobility. **(Beginning level)**

Beginning Line Dance – This class is for the beginner; you’ll learn basic steps to a variety of music.

Belly Dancing – Learn to control your body with grace and style. It is not only fun to do, but good exercise too! **(Beginning level)**

Boomer-Ballet – This class will focus on posture, balance, flexibility and self-confidence. **(Beginning level)**

Cardio Dance – This class includes cardio dance that incorporates movements from yoga, martial arts, and modern dance that will increase strength and grace. **(Intermediate level)**

Dynamic Fitness; Cardio – This fun, motivating and upbeat class will provide a great cardio workout. **(Intermediate level)**

Dynamic Fitness; Power Hour – Maintain a balanced fitness with strength building and flexibility exercises. Stay strong with this enjoyable class. **(Beginning/Intermediate level)**

Hot Hula – This class, for all abilities, incorporates easy to perform dance movements set to traditional Polynesian drum beats fused with Reggae music. **(Beginning/Intermediate)**

Indoor Walking – Walk in a safe and climate controlled environment.

Line Dance - Learn traditional line dances to a variety of music including country, modern and pop. **(Beginning/intermediate level)**

Sit ‘N Fit – This chair class is designed for people of all abilities to exercise in a convenient way to stay fit, maintain balance, strength and flexibility. **(Beginning level)**

Stretching, Relaxation and Meditation – You’ll focus on conscious breathing and meditation; leave this class feeling refreshed, calm and completely relaxed. **(Beginning level)**

Tai Chi Gong - Chi Gong improves blood and energy circulation, detoxifies the body and promotes balance, coordination and flexibility. **(Beginning level)**

Tai Chi Gong Fan – This class is a deeper exploration of different ancient forms of Chi Gong and Tai Chi including the Tai Chi Fan. **(Intermediate level)**

Water Aerobics - Refresh and energize your body with this low impact water workout. **(Beginning level)**

Weight Room Basics –This class is not a personal training session, it will show you how to safely and properly use the equipment. ***Please bring your own workout towel.***

Yoga – Strengthen joints, relax your body and calm your nerves. **(Beginning level)**
An exercise mat is required for this class.

Yogalates – This is a mat based yoga and Pilate’s fusion class to optimize core strength, endurance and flexibility **(Beginning/Intermediate level)**

FITNESS ON YOUR OWN

With your annual \$10 membership you can enjoy a state-of-the art fitness center/pool; ride the stationary bike, treadmill or elliptical; use the free weights; or take a dip in the pool.

Please wear proper fitness attire, provide your own towel and bring water

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------------|--|-----------------------------------|--|-----------------------------------|--|
| Weight/Cardio Room | 7:30-9:30 a.m. 12:30-2:30 p.m. 4-5:45 p.m. | 7:30-9:30 a.m. 12:30-2:30 p.m. | 7:30-9:30 a.m. 12:30-2:30 p.m. 4-5:45 p.m. | 7:30-9:30 a.m. 12:30-2:30 p.m. | 7:30-9:30 a.m. 12:30-2:30 p.m. 4-5:45 p.m. |
| Lap Swim | 8 a.m. - 3 p.m. | 8 a.m. - 3 p.m. | 8 a.m. - 3 p.m. | 8 a.m. - 3 p.m. | 8 a.m. - 3 p.m. |

City of Las Vegas Active Adult members must stay within the time frames provided above UNLESS you also have a current YMCA membership.